

PIMA COUNTY, ARIZONA
ANNUAL REPORT

MADELINE BARLEY
HOME DEMONSTRATION AGENT

December 1, 1952
to
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ORGANIZATION AND PLANNING

Council Meetings

Homemakers in Pima County have two council meetings each year and preceded by pre-council meetings. At the pre-council meetings the presidents of organized clubs and council officers plan the program and agenda of the regular council meeting. These leaders decide policy matters for the year later passed on by the entire council.

The first meeting took place in January at which time 78 homemakers were present for election of officers and other business. Other important business included allowing \$75.00 to Betty Meads for a scholarship to the University of Arizona.

A luncheon and program followed. The program was both entertaining and educational. Three 4-H Club girls danced the Charleston for us taking us back to "the good old days." Mr. Chas. U. Pickrell recounted the adventures of his trip to Africa with the help of colored slides.

Another timely feature of the program was a style show narrated by Miss Helen Church, extension clothing specialist. Twenty-eight women modeled their suits and coats made during a tailoring project completed late in 1952.

At the September council meeting homemakers were interested primarily in the selection of projects for 1954. After discussing their needs and problems, these projects were chosen:

Clothing	Care of synthetic fibers. Selection of accessories. Care of sewing machines (special interest summer program)
Food Preparation	Egg and cheese cookery Cooking poultry
Home Management and Economics	Electricity
Health	The heart kitchen
Community Service	Money was allowed for supplementary calcium for under-privileged mothers. The local health department takes case of this.

ORGANIZATION AND PLANNING (continued)

Council Meetings (continued)

Community Service
(continued)

Money was allowed for the
Red Cross Program.

The council will meet again in January, 1954.

New Extension Clubs

Last December a group of homemakers living in Mission Manor were organized into an extension club. This club is known as Mission Maids. They are young homemakers and mothers interested in learning more about making homemaking easier. The enrollment of the club is between 15 and 20 women.

The Silver Bells homemaker's club was organized in October. These women live in Silverbell which is west of Rillito or southwest of Marana. The enrollment of this group is between 20 and 25.

One of the most interesting characteristics of both of these new groups is that the membership is made up of displaced farm women. Many of them are former members of extension groups, Farm Bureau clubs and other groups closely allied with farm activities. The Mission Maids started with a nucleus of 7 former club members from Oklahoma, Arkansas and Mississippi. At Silverbell there were ex-members from Silver City, New Mexico, Texas, Oklahoma, Arkansas, and Illinois. Mrs. Anna Jones related her experience of having belonged to a Farm Bureau club for more than 25 years. Her daughter, Mrs. Jane Maltsberger, was responsible for having made the tact with the agent to get a club started there. One may well conclude that farm women must follow their ex-farmer husbands to jobs in industry away from the farm. However, their desire to improve on methods and better ways of living make them seek out the source of the information which is the extension service.

Sixty percent of the Pima County homemakers have a history of belonging to Farm Bureau or extension clubs in other states.

FOOD PRESERVATION

Freezing Foods

Freezing is more representative than canning when one thinks of food preservation in Pima County. There has been gradual rising interest in preparing foods for the freezer. There are two locker plants in Tucson but many of the larger meat departments have incorporated the service of cutting and wrapping large quantities of meat. The service is sometimes used as a drawing factor for the sale of beef in quantity.

There are women who want to learn how to cut and wrap beef. Very often the task incorporates the entire family. There has also been a growing interest in using the freezer to store food ready for the table except for thawing and warming over. Busy young mothers of three or four children find that a freezer stocked with pre-cooked foods saves time and energy and is more economical.

During 1953 a majority of telephone calls were in regards to the preparation of foods for the freezer. These calls are generally seasonal as certain foods reach the markets in abundance. Fresh vegetables are with us the year around in Southern Arizona. Homemakers take advantage of low prices in the height of the season for brocolli, cauliflower, beans, green peppers, strawberries, peaches, apricots and fresh pineapple.

Four demonstration were given to help homemakers with their freezing problems. The agent had two purposes for these demonstrations. 1. To help them with their own problems. 2. To show them what can be stored in the freezer.

The first purpose was fulfilled through a workshop where food was actually prepared according to directions found in U.S.D.A. bulletins. The second purpose was fulfilled by showing them food previously prepared and stored over a period of time in freezers.

Women who have learned to use their freezers to advantage cooperated and brought to these demonstrations and shared with the others information they have gathered through practical use of their freezers. Some must be shown; others are willing to learn by the trial method. The exchange of ideas is always interesting and stimulating to homemakers as well as to the agent.

The Amphitheater Club members decided on a pot luck with

FOOD PRESERVATION (continued)

Freezing Foods (continued)

all foods except crisp vegetables to come from the freezer. There was chicken pie (stored 3 months) and 2 varieties of fancy bread. The banana loaf was one year old. The date loaf 6 months old. Other foods served were string beans and cake.

The aim is to learn how to use the freezer as time and energy rather than a storage box. Planned foods for special occasions and also every day use so that mother can enjoy more leisure time.

This is a list of foods stored by homemakers during 1953.

Beef	packaged uncooked prepared stews beef broth casseroles meat balls in spaghetti sauce prepared roasts
Poultry	chickens, turkeys, game uncooked chicken pie roasted turkey baked chicken cooked dressing gravy
Dried beans	chili baked tamale pie
Vegetables	Mexican refried beans with cheese home grown spinach, chard, squash, beans, corn broccoli cauliflower rhubarb asparagus
Fruit	apricots peaches strawberries pineapple shredded coconut dates
Pies	nuts (keep fresh) fruit - baked or unbaked mince meat pumpkin - baked or unbaked

FOOD PRESERVATION (continued)

Freezing Foods (continued)

Cakes	favorite cakes (icing determined the possibilities. Many different varieties have been stored all ready to be thawed and served.)
	cup cakes
	cookies
	cake with ice cream
Miscellaneous	butter
	cream - plain or whipped
	ice cream
	tea cubes
	citrus juice cubes
	bread, rolls, coffee cakes

There is hardly a gathering of women but what they will start talking of their latest exploits with freezers and ingenuity.

Preservation by canning is still being done in Pima County and mostly fruits such as peaches, apricots, plums, figs (local product) and citrus juices (local product).

FOOD SELECTION AND PREPARATION

Christmas Sweets

One of the nicer food projects in 1952 was the preparation of Christmas sweets. Because the project came about so late in the project year, it could not be evaluated. The recipes are repeated in this narrative along with a statistical report as sent in by local foods leaders.

How many homemakers prepared the "sweets".

	Family	Shut In	Christmas Gift	Parties or Teas
Layer cookies	19		1	6
Corn flake burbs	46		9	3
Fruit log	16	1	7	5
Little Christmas cookies	25	2	3	5
Apricot candy	10	2		4
Uncooked fruit squares	17		1	5
Scotch toffee	7		7	4
Chocolate fudge	24		2	4
Christmas rolls	3		1	2
Spiced nuts	26		9	4
Candied Peel	12		29	3
Crystallized apples	13		2	4
Bishop cake	17		12	4
Coconut cookies	35		2	2
Milk honey fondant	10			3
Pumpkinettes	19		8	3
Marzipan	6	1	2	4
Total (cuplications)	305	6	94	65
Most popular by count	Corn flake burbs Coconut cookies Little Christmas cookies Candied peel - as gifts Chocolate fudge			
Least popular	Christmas roll Marzipan Scotch toffee			

These recipes were called for by homemakers during November 1953. Two clubs repeated the lesson this winter.

Leaders reports show that all clubs reported the results

FOOD SELECTION AND PREPARATION (continued)

Christmas Sweets (continued)

of this project. It is difficult to take a recount because with usage of any certain recipe it becomes a part of the family food pattern.

Leaders held 11 meetings with 160 in attendance.
10 were homemakers clubs.
1 relief society.
29 hours were spent (as reported) average
per meeting - 4 hours.
How many plan to use these recipes again - 115.

The following comments were written on reports.

1. Too busy to do these before Christmas.
2. Club made all - served them at homemakers Christmas party.
3. They learned how to provide natural sweets with high food value. Sweets that children eat for better dental health. Importance of healthful eating.
4. Importance of rinsing mouth after sweets.
5. New ways of making cookies.
6. The use of fruit in preparing sweets.
7. New techniques.
8. Less expensive.
9. For health reasons.
10. Ideal sweets for children.
11. Wholesome and nutritious.
12. A good variety of treats that was fun to make together.
13. Fancy treats can be simple.
14. Many a good sweet can be made in a short time.
15. Many were so economical.
16. Good ideas for gifts.
17. To take health along with sweets - Mrs. Hertzog.

LAYER COOKIES

Grocery List

1/2 lb. butter
 1-1/4 cup flour or enriched flour
 2 eggs
 1 lb. brown sugar (yellow)
 1/2 teaspoon salt
 1/4 teaspoon baking powder
 1/2 lb. shredded coconut (dry)
 1/2 lb. shelled walnut meats
 1 teaspoon vanilla or almond
 1 lb. confectioner's sugar
 1 orange
 1 lemon

Utensils

2 measuring cups
 1 flour sifter
 waxed paper
 3 mixing bowls
 1 egg beater
 1 set measuring spoons
 1 bowl scraper
 several cups or small bowls
 1 pan - 9 x 12 or 8 x 11 in.
 1 towel
 2 trays

Yield: 3 dozen bars

Time: 15 and 20 minutes
 Temperature: 375°F.

PART I:

1/2 cup butter
 1 cup flour

1. Blend thoroughly and pat into thin layer in a 9 x 12 or 8 x 11 inch pan.
2. Bake until a light brown 12 or 15 minutes at 375°F.

PART II:

1-1/2 cups brown sugar	1/2 teaspoon salt
2 eggs, well beaten	1/2 cup coconut
2 tablespoons flour	1 cup walnuts
1/4 teaspoon baking powder	1 teaspoon vanilla or almond

1. Add beaten eggs and vanilla to the sugar and beat.
2. Sift flour, salt and baking powder, and to this add the nuts and coconut.
3. Combine the two mixtures. Spread this on the baked layer and bake 20 minutes at 375°F.

PART III: Icing for Layer Cookies

1-1/2 cups confectioner's sugar	2 tablespoons orange juice
2 tablespoons butter	1 tablespoon lemon juice

1. Mix ingredients and spread on cookie.
2. Cut in small squares to serve.

CORN FLAKE BURBS

Grocery List

1/2 lb. sweet or semi-sweet chocolate
2-1/2 cups corn flakes

Utensils

1 double boiler
1 spoon
1 bowl scraper
waxed paper

Yield: 38 candies - 1 inch in diameter

1. Melt chocolate over hot water and work corn flakes into it.
2. Drop by teaspoonfuls onto buttered baking sheet or waxed paper. Set in a cool place to harden.

FRUIT LOGS

Grocery List

1 lb. dates
1/2 lb. figs
1/4 lb. coconut
1 cup dried apricots
1 tablespoonful orange juice
1 teaspoon orange rind
1/2 cup nut meats

Utensils

waxed paper
1 food grinder

Yield: 4 dozen pieces

1. Grind dates, figs, apricots, coconut, and nuts through the food grinder.
2. Knead in the orange juice and rind.
3. Divide and form into rolls about 1-1/2 inches in diameter. Wrap in paper; place in refrigerator to ripen.
4. Cut in slices 1/4 inch thick and decorate with crystallized apple.

LITTLE CHRISTMAS COOKIES

Grocery List

1/2 cup shortening
1 cup powdered sugar
4 eggs well beaten
1 cup pastry or cake flour
1/2 cup candied fruit cut in pieces
1 teaspoon vanilla
1 teaspoon baking powder
1/4 teaspoon salt

Utensils

1 set measuring cups
1 set measuring spoons
1 egg beater and bowl
1 flour sifter
1 piece paper
1 mixing bowl
1 mixing spoon
24 paper candy cups

Yield: 2 dozen?

Temperature: 350°F. Time: 20 to 30 minutes

1. Cream shortening. Add sugar gradually and well beaten eggs. Beat thoroughly.
2. Sift together flour and baking powder. Sift over fruit and mix well.
3. Add to creamed mixture. Add vanilla.
4. Fill small fluted candy cups 1/3 full. Place on baking sheet. Bake 20 to 30 minutes in a 350°F. oven. Do not crowd paper cups.
5. Cool and ice with various colored frostings.

APRICOT CANDY

Grocery List

2 tablespoonfuls gelatine (2 envelopes)
 1/2 cup cold water
 2 cups cooked dried apricots sieved
 1/2 teaspoon salt
 1 cup sugar
 1 tablespoonful lemon juice
 nut meats

Utensils

1 small pan
 1 set measuring spoons
 1 bowl
 1 set measuring cups
 1 sieve or food mill
 1 sauce pan
 1 wooden spoon
 1 teaspoon
 1 pyrex dish - 9 x 12
 waxed paper

Yield: about 40 pieces

Time: 25 to 30 minutes

1. Wash and cook dried apricots. Cool. Force through sieve.
2. Pour 1/2 cup cold water in bowl. Sprinkle gelatine on top. Allow to stand 15 minutes.
3. Dissolve over boiling water.
4. Add sieved apricots, sugar, salt and lemon juice. Cook on low heat for 25 minutes until mixture is very thick.
5. Cool slightly. Pour in pan 9 x 12 inches or drop by teaspoon on waxed paper and place a nut meat on each piece. When set roll in granulated sugar.
6. Allow confection if in sheet form to dry. Remove from pan to allow bottom to dry. Cut in squares.
7. Apricot squares may be dipped in chocolate to make a delectable confection.

UNCOOKED FRUIT SQUARES

Grocery List

3 doz. graham crackers
 1/2 lb. dates
 1/2 lb. marshmallows
 1 cup chopped nuts
 1 cup evaporated milk

Utensils

1 pan 8 x 10
 1 Foley mill
 1 paring knife
 1 nut chopper
 1 can opener
 1 bowl
 1 spoon
 1 measuring cup

1. Crumb the crackers very fine and reserve 1/2 cup.
2. To the rest add the dates, pitted and sliced, marshmallows cut in pieces, and the nuts. Add milk and mix thoroughly.
3. Sprinkle the bottom of a shallow baking dish with some of the reserved crumbs. Press the mixture into the pan and cover with the rest of the crumbs.
4. Chill in the refrigerator and cut in squares.

SCOTCH TOFFEE

Grocery List

5 tablespoons shortening, melted
 2 cups quick oats
 1/4 cup corn sirup
 3/4 cup brown sugar
 1/2 teaspoon salt
 1-1/2 teaspoons vanilla
 1 cup semi-sweet chocolate
 1/4 cup finely chopped nuts

Utensils

1 mixing bowl
 1 mixing spoon
 1 measuring cup
 1 measuring spoon (set)
 1 pan 8 x 8 or 7 x 11
 1 small pan in which to
 melt fat
 1 bowl scraper
 1 pot holder

Yield: 3 dozen

Time: 12 minutes

Temperature: 450°F.

1. Mix the melted shortening and the oats thoroughly.
2. Add the sirup, brown sugar, salt, and vanilla. Mix all well.
3. Pack the toffee firmly into a well-greased pan, 7 x 11 x 1 inch.
4. Bake the toffee in a hot oven, 450°F.
5. Place the pan on a wire rack to cool completely. Loosen the edges, turn the pan over and strike it firmly until the candy is loosened.
6. Melt the chocolate over hot water slowly; spread it on the candy. Sprinkle the top with chopped nuts. Chill the candy in the refrigerator until the chocolate hardens.
7. Cut the toffee in small squares.

CHOCOLATE FUDGE

Grocery List

1 can condensed milk
 1 cake German sweet chocolate
 4 squares baking chocolate
 1 cup nut meats

Utensils

1 can opener
 1 measuring cup
 1 double boiler
 1 mixing spoon
 1 plate or platter (buttered)

1. Put in top of double boiler and blend.
2. Add cup of nut meats, pour on buttered plate and let set several hours. May be used rolled in balls, then in chocolate sprills, coconut or chopped nuts.

CHRISTMAS ROLL

Grocery List

1-1/2 cups granulated sugar
3 tablespoonfuls butter
1/2 cup water
1/16 teaspoon cream of tartar
1/4 cup chopped nuts
1/4 cup chopped dates
1/4 cup raisins
1/2 cup candied fruits
1/4 cup chopped figs
1 tablespoonful honey
cinnamon drops
angelica - 1 stick

Utensils

1 set measuring cups
1 set measuring spoons
1 sauce pan
1 mixing spoon
1 knife
1 candy thermometer
1 liquid measuring cup
1 cutting board
1 knife or food chopper

Temperature: Soft ball stage - 236 to 238°F.

1. Boil together, stirring frequently, to soft ball stage - 236 to 238°F.
2. Remove from fire and stir in 1/4 cup each of chopped nut meats, dates, candied cherries or pineapple, raisins, or figs; also one tablespoon of honey.
3. Turn candy out on a flat surface and knead until soft and pliable.
4. Form into a roll, ripen, then cut in 1/2" slices. Decorate each slice with tiny red candies and holly leaves cut from angelica.

SPICED NUTS

Grocery List

1 cup sugar
3/4 teaspoon salt
1 teaspoon cinnamon
1 lb. shelled nuts (walnuts, almonds,
pecans or peanuts)
1/2 cup water
1 teaspoon vanilla

Utensils

1 set measuring cups
1 set measuring spoons
1 skillet
1 mixing spoon
1 plate or platter (buttered)
2 forks
1 candy thermometer
1 can container for candy

Temperature: 238°F. - Soft ball stage

1. Combine all ingredients except nuts. Simmer on surface in flat bottom pan (skillet) about 4 minutes, until syrup spins a small thread. Be careful, do not overcook. Remove from range and quickly add the nuts.
2. Stir thoroughly and quickly until syrup crystallizes.
3. Turn out onto a butter plate and gently separate nuts, using two forks. Keep in covered can.

CANDIED GRAPEFRUIT

Grocery List

1 lb. granulated sugar
1 lb. peel
1 cup water

Utensils

1 paring knife
1 grapefruit knife
1 sauce pan
1 liquid measuring cup
1 platter or rack
1 covered jar
1 kitchen scales

1. Cut grapefruit in halves and remove fruit. Peel may be left in halves or cut in strips.
2. Boil in 5 to 7 changes of water to get rid of bitterness. When peel is thoroughly cooked and tender make syrup. 1 lb sugar, 1 lb. peel and 1 cup water.
3. Cook peel in syrup until white spots form and product is clear. Place skin side down on platter or rack to dry. Takes several days. While still warm, product may be rolled in granulated sugar. Store in covered jar.

CRYSTALLIZED CANDY APPLES

Grocery List

6 cups granulated sugar
6 cooking apples
3 cups water
red and green vegetable coloring

Utensils

1 set measuring cups
1 liquid measuring cup
1 mixing bowl
2 sauce pans (broad base)
1 paring knife
1 mixing spoon
waxed paper
1 slotted spoon

Yield: Approximately 6 dozen crystals

1. Combine sugar and water and stir until dissolved.
2. Divide this syrup equally, placing in 2 sauce pans. Then add desired amount of red coloring (flavor with oil of cinnamon) and desired amount of green coloring (flavor with oil of peppermint) to the other.
3. Meanwhile, pare, quarter and core apples. Cut each quarter into even slices.
4. Cook half the slices gently in red syrup until transparent and the other half in the green syrup until transparent, turning occasionally.
5. Then remove them from syrup, arrange on waxed paper and allow to stand 24 hours in a cool dry place.
6. Next roll them in granulated sugar; roll them twice again at intervals of 24 hours. After the third rolling in sugar, allow crystals to stand until they are so dry that no moisture exudes from them. Keep in a cool dry place. This recipe makes approximately 6 dozen crystals.

BISHOP'S CAKE

Grocery List

1 egg
1/3 cup sugar
1/3 cup sifted flour
1/8 teaspoon salt
1/4 teaspoon baking powder
1/3 cup chocolate chips
2/3 cup chopped nuts
1/3 cup chopped dates
1/3 cup chopped candied cherries

Utensils

1 set measuring spoons
1 set measuring cups
1 egg beater
1 mixing bowl
1 flour sifter
1 mixing spoon
1 pan 7 x 7 x 1 inches
1 cutting board
1 knife

Yield: 1-1/2 dozen bars

Time: 20 minutes

Temperature: 375°F.

1. Beat the egg until light. Add the sugar gradually and continue beating until the mixture is fluffy.
2. Sift together the flour, salt and baking powder; add the chocolate chips, nuts and fruit to the flour.
3. Fold the flour mixture into the egg and sugar.
4. Pour the batter into a greased pan, 7 x 7 x 1 inches, and bake in a moderately hot oven, 375°F., for 20 minutes.
5. Cool and cut into bars.

COCONUT COOKIES

Grocery List

1 cup sweetened condensed milk
1 teaspoon flavoring
4 cups shredded coconut
1/8 teaspoon salt

Utensils

1 can opener
1 measuring spoon (set)
1 grater
1 mixing bowl
1 mixing spoon
1 cookie sheet
1 spatula

Yield: 3 dozen

Time: 10 minutes

Temperature: 350°F.

1. Mix the ingredients, drop by teaspoon on buttered baking sheet.
2. Place a piece of candied cherry on top of each cookie.
3. Bake in moderate oven 350°F. about 10 minutes or until light brown.

MILK HONEY FONDANT

Grocery List

1/2 cup dried skimmilk
1/2 cup honey
1 tablespoon butter

Utensils

1 set measuring cups
1 set measuring spoons
1 mixing bowl
1 mixing spoon

1. Mix together and let stand for a week to ripen. Use to stuff dates or prunes, or roll balls of it in chopped nuts.

PUMPKINETTES (From American Molasses Company)

Grocery List

2/3 cup molasses
2/3 cup crunchy peanut butter
1-1/4 cups nonfat dry milk
yellow granulated sugar
cloves (whole)

Utensils

1 set measuring cups
1 case knife
1 mixing spoon
1 mixing bowl
1 large plate
waxed paper

Yield: 40 Pumpkinettes

1. Thoroughly mix molasses and peanut butter in a bowl.
2. Gradually add nonfat dry milk, working it in well.
3. Shape like miniature pumpkins, 1-1/2 inches in diameter. Roll each in yellow sugar; form creases down sides with back of knife to resemble creases in pumpkins. Stick a clove in top of each for stem. If the mixture is too soft to shape nicely, chill about 30 minutes.

MARZIPAN

Almond Paste

Grocery List

1/2 lb. blanched almonds
1 cup sugar
3/4 cup water
confectioner's sugar

Utensils

1 food chopper - fine grinder
1 sauce pan to blanch
1 candy thermometer
1 pastry board

Yield: 60 bite size pieces

Temperature: Thread stage
240°F.

1. Grind blanched almonds through the finest grinder 3 or 4 times until very fine.

2. Cook sugar and water just past the thread stage (240°F.)
3. Add ground almonds and stir until thoroughly blended.
4. Turn out on molding board or cookie sheet dusted with confectioner's sugar to cool.
5. Knead until smooth. Pack in tightly covered tins and store in cool, dry place to ripen about 1 week.

MARZIPAN PASTE

Grocery List

- 1 egg white
- 1 cup almond paste
- 3 cups confectioner's sugar

Utensils

- 1 egg beater and bowl
- 1 pastry board

1. Beat egg white until fluffy.
2. Gradually work in almond paste.
3. Add confectioner's sugar, kneading until the past is easy to handle.
4. Add lemon juice if paste becomes too stiff.
5. Form in rolls.

Marzipan may be shaped as bon-bons and dipped in melted chocolate or used for stuffing in dates or prunes.

Marzipan may be colored with vegetable dyes, and shaped into miniature fruits. Dry for 3 hours and then glaze.

GLAZE FOR MARZIPAN

Grocery List

- 1/2 cup sugar
- 1/2 cup light corn syrup
- 3/4 cup water
- colored granulated sugars

Utensils

- 1 sauce pan
- 1 mixing spoon
- 1 candy thermometer
- 1 paint brush

Time: For boiling - 2 minutes

Temperature: 220°F.

1. Combine all ingredients and boil for about 2 minutes to 220°F.
2. Apply with a paint brush. Allow glaze to set.
3. Roll in colored sugar as strawberry in red granulated sugar.

MISCELLANEOUS ITEMS

- | | |
|---|--------------------|
| 2 or more stoves for top of stove cooking | *oven thermometer |
| 2 or more ovens | *kitchen scales |
| cookie press | *candy thermometer |
| paper towels | silver sprills |
| paper bags | cinnamon drops |
| scotch tape | angelica |
| paper bon-bon cups | dipping chocolate |

FOOD SELECTION AND PREPARATION (continued)

Meat Cookery

Mrs. Elsie Morris, state extension nutritionist, organized and planned a demonstration meeting emphasizing meat cookery. Homemakers requested such a training meeting at the fall council. The material used at the meeting is included to avoid repetition.

The lesson was designed to show how proteins are essential to us. The 30 leaders became acquainted with the terms amino acids and how they are related to good nutrition.

Meat was discussed from the standpoint of quality, grade and cost and how to prepare it to derive the most good from it. A lesson in meat cookery involves temperatures. The affects of high or low temperature were discussed and to show what happens, we prepared two pieces of meat at two different temperatures. A rib roast of commercial or utility grade was cut in two. One piece was roasted at 300° and the other at a temperature as high as 375°. The leaders noted the difference in texture, tenderness, shrinkage and quality and quantity of natural gravy. Another roast was prepared in a 300° oven. This piece of meat was U. S. Choice. There was marked difference between these roasts when comparisons were made.

Because meat is necessary to good nutrition and because it is a major item in the family budget, leaders were exceedingly interested in the preparation of the various cuts of meat. One interesting feature of the lesson was that Mrs. Morris did not salt the roasts and leaders were amazed and could not be convinced that it is not necessary to salt the meat. Another feature of amazement was the fact that Mrs. Morris did not sear or baste the roasts. Mrs. Ann Anderson decided the lesson would be of no interest to her because in her family the crusty outer part of a roast is popular. The agent tried to convince her that the unseared meat prepared properly would have the desired results to her liking.

During the judging and testing period, it was found that the roasts were to their liking as to flavor, tenderness and the outside pieces were crusty without being tough. When cut the meat was juicy and good. Some leaders remarked that maybe we have learned to eat meat without salt.

The leaders also learned that meats can be supplemented with other foods to make the combination more nutritious. Notice the addition of dried milk, wheat germ and rolled oats to make meat loaf more nutritious.

FOOD SELECTION AND PREPARATION (continued)

Meat Cookery (continued)

A liver casserole was introduced to help homemakers learn how to vary the method of cooking liver. This recipe will probably not be demonstrated at group meetings but women will try it.

The lesson was worthwhile and it is hoped homemakers will derive valuable help in learning more about meats.

The agent was unavoidably called from the meeting and missed the most important part of the discussion which followed the judging and tasting.

Cooking meat at low temperatures has helped homemakers with their meat problems. In talking with them it is evident that like most of us they like gimmicks such as foil, paper or cloth covered meat in an oven. It is difficult for them to break away from an old method. It is gratifying to be reminded by them that the method really works. There have been calls just to re-affirm the fact. At Thanksgiving time there were calls of appreciation for well prepared turkeys cooked at a recommended low heat.

A summary of the meat cookery demonstration shows that there were 10 meetings with 137 present. The average time of each meeting was 3 hours. Women are checking their protein intake.

- 75 were reported buying meat according to grade.
- 45 reported this project helped them to understand the different methods of meat cookery.
- 55 reported that they are using the recommended methods of meat cookery.

- 111 have prepared roast beef.
- 18 liver casserole.
- 73 meat loaf.
- 82 broiled meat.
- 98 braised meat.
- 45 barbequed meat.
- 26 check their protein intake.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

11

University of Arizona
College of Agriculture
U.S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

MEAT COOKERY

Prepared by
Elsie H. Morris - Extension Nutritionist

Protein - Animal proteins, meat, eggs, milk are classified as high quality proteins and are superior to proteins derived from cereals and legumes. Animal proteins are complete proteins because they contain all the essential building blocks called amino acids, which are necessary to build and repair body tissues.

Amino acids resemble vitamins; but are needed in larger daily amounts. They differ from vitamins, however, in that they cannot be stored as much in the tissues and hence must be resupplied from day to day.

General Rules of Meat Cookery

Meat is cooked to sterilize it and to increase its palability.

I. Long slow cooking at low temperatures, 300° to 350°, results in:

1. Better flavor
2. More tender meat
3. Juicier with less loss of meat juices in drippings
4. Less shrinkage

II. Effect of high temperatures:

1. Harden the proteins of meat
2. Causes shrinkage
3. Fewer servings per pound
4. Charring of the outer layers
5. Burned drippings

III. Methods of cooking meats

1. Roasting meat. To roast is to cook by dry heat in the oven uncovered. The practice of searing meat before roasting it was based on the theory that browning it first formed a coating which sealed in the juices. Careful experiments show that seared roast meat loses more juice than roasts which have not been seared.
2. Basting is not considered necessary. The roast is placed in the pan with the fat side up. As the meat cooks, the fat melts and bastes the meat.

3. Do not add water or cover the roast as the moisture escaping from the meat will surround it and the meat will be cooked by moist heat instead of dry heat.

Suggested Menu	Roast Beef
Tomato Juice	
Roast Beef -----	1. <u>Wipe meat with damp cloth and place on rack,</u> or if it is a rib roast, with the bones resting on the pan, fat side up.
Oven Browned Potatoes	
Baked Acorn Squash with creamed onions	2. Place meat in an oven at 300° F. and keep it at that temperature for the full time. Allow: Temperature on Meat
Enriched Bread - Butter	<u>Time</u> <u>Thermometer</u>
	18-20 minutes per pound 125°- 140°F. for rare
Fresh Fruit Salad	22-25 minutes per pound 140° - 160°F. for medium rare
Milk - Tea or Coffee	27-30 minutes per pound 160° - 180°F. for well done

Menu	Yield - 6 Servings	Delicious Liver Casserole	Time: 20 min. Temp. 350°F.
Delicious Liver Casserole -----	1 pound sliced liver	$\frac{1}{2}$ cup sliced stuffed olives	
Baked Potato	2 tablespoons margarine	1 teaspoon salt	
Green Beans	2 tablespoons flour	$\frac{1}{4}$ teaspoon paprika	
Tossed Green Salad with Carrot-Lemon Dressing	$1\frac{1}{2}$ cup liquid in which liver was cooked	1 tablespoon Worchester- shire sauce	
Enriched Bread - Butter	2 tablespoons chopped celery	2 hard-cooked eggs, chopped	
Grapefruit Grenadine		$\frac{1}{2}$ cup buttered bread crumbs	
Milk - Tea or Coffee	1. Drop liver into boiling water and simmer 5 minutes. Drain. Save the liquid. Cut into $\frac{1}{4}$ inch cubes.	2. Melt margarine, add flour and gradually pour in liquid, stirring until thickened.	
	3. Add liver, celery, olives, seasonings and hard-cooked eggs.		
	4. Pour into casserole. Sprinkle with bread crumbs. Bake uncovered in a moderate oven (350°F.) 20 minutes or until thoroughly heated. Serves 6.		

Menu	Yield 6 - 8 Servings	Meat Loaf	Time: 60 minutes Temperature: 350°F.
Meat Loaf -----	1½ pounds of veal or lean chuck beef	1 mixing bowl 1 cutting board	
Baked Sweet Potato	¼ pound salt pork	1 paring knife	
	1 cup rolled oats	1 set measuring spoons	
Cole Slaw	1 tablespoon minced onion	1 set measuring cups	
Whole Wheat Muffins - Butter	1½ teaspoons salt	1 mixing spoon	
	1/8 teaspoon pepper	1 loaf pan	
Ambrosia	¼ teaspoon celery salt	Serving platter	
	1 cup water or stock	Serving silver	
Milk - Tea or Coffee	1 tablespoon butter	Garnish	
	*¼ cup dry skim milk powder		
	*¼ cup wheat germ		
	2 tablespoons lemon juice		
	*To increase protein, mineral and vitamin value.		
	1. Use veal or lean beef from the shoulder and have ground with salt pork.		
	2. Add rolled oats, onion, lemon juice, salt, pepper and liquid; mix thoroughly.		
	3. Pack in greased loaf pan, brush top with melted butter. Bake uncovered in moderate oven 350°F. about 60 minutes. Serve hot or cold.		

Broiling meat. Tender cuts of meat such as beef steaks, marbled with fat, lamb chops, liver, ground meats and chickens may be broiled.

These meats may be broiled by direct heat under a gas flame, electric unit, or over hot coals.

To broil grease rounds of broiler, (or of a rack set in a drip pan) lay the meat on it.

Set the electric unit to "broil"; set gas oven at 350°F.

Place the meat 2 or 3 inches from the heat and broil until the top is brown. Season with pepper and salt; turn and brown on the other side.

Season and serve at once.

Suggested Menu	Broiled Beef Patties	Time: About 20 min. Temperature: Broil or 350°F.
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Grapefruit Halves	Yield: 4 servings	<u>Utensils</u>
Broiled Beef Patties	<u>Ingredients</u>	1 broiler
Lima Beans	1 pound ground beef	1 mixing bowl
Sliced Tomatoes	1 teaspoon salt	1 fork
	1 teaspoon prepared mustard	4 toothpicks
Whole Wheat Muffins--Margarine	1 tablespoon horseradish	1 set measuring spoons
	$\frac{1}{4}$ cup bread crumbs	1 serving plate
Canned Pineapple	4 slices bacon	*(1 tomato
	* $\frac{1}{4}$ cup catsup	*(1 can mushrooms
Milk and Tea or Coffee	1 can lima beans	

* Optional

1. Combine ground beef and other ingredients.
2. Shape in 4 patties. Wrap with bacon secured with toothpicks.
3. Place on broiler pan in preheated broiler.
4. Broil about 10 minutes or until the surface of the patties is well browned.
5. Turn and broil about 10 minutes more.
6. Serve at once. Catsup may be poured over patties.
7. Note: Lima beans may be heated under the rack in the broiler pan.

Braising and cooking in water. Less tender cuts of meat are from the muscles of the animal which are used more often. These cuts are used for stews, swiss steak and pot roasts.

These cuts of meat are cooked with moist heat at a low temperature for a relatively long period in a tightly covered pan or may be prepared in a pressure sauce pan.

Meat is braised by browning it slowly in a small amount of fat and then simmering slowly in its own juice or a small amount of liquid in a covered pan.

Suggested Menu	Vegetable Stew	Time: 2 to 2½ hours Temperature: Simmer
Vegetable Stew	Yield: 6 servings	<u>Utensils</u>
Caesar Salad	<u>Ingredients</u>	1 heavy kettle with cover
Garlic French Bread	2 pounds lean lamb or beef shoulder	1 large fork or tongs
Milk and Tea or Coffee	4 tablespoonfuls fat from suet	1 set measuring spoons
Custard made with Skim Milk Powder	1 teaspoon salt	1 cloth
	¼ cup flour	1 paring knife
	8 carrots	1 cutting board
	8 onions	
	celery	
	1. Wipe the meat with a damp cloth. Brown slowly in the melted fat.	
	2. Add a small amount of water and simmer until the meat is nearly tender, about one and one half to two hours.	
	3. Prepare vegetables. Add carrots and onions - whole or sliced. Cook for 15 minutes.	
	4. Add celery and cook 10 minutes longer.	
	5. Remove meat and vegetables to a warm serving dish. Thicken the liquid for gravy.	

Barbecued meat. Barbecue has two meanings according to Webster:

1. To roast or broil whole as an ox or hog.
2. To cook meat in thin slices in a highly seasoned sauce.

Pork: Meat thermometers are useful in checking the internal temperature of pork which should be 185°F. in order to destroy bacterial infection by trichinella if present in the flesh. 350°F. oven temperature is recommended for pork. Pork should be thoroughly cooked until the meat is white in color.

Suggested Menu	Barbecued Spareribs	Time: 2 hours Temperature: 350°F.
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Hot Soup	Yield: 4 servings	<u>Utensils</u>
Barbecued Spareribs	<u>Ingredients</u>	shallow pan
Baked Sweet Potatoes	4 pounds spareribs	1 cutting board
Green Beans	1 teaspoon salt	sharp knife
Raw Sauerkraut Salad	$\frac{1}{4}$ cup lemon juice	measuring cups
	lemon slices	measuring spoons
	1 cup chopped onions	1 stew pan

Corn-Meal Muffins

Lemon Sponge Pudding

Milk and Tea or Coffee

Barbecue Sauce

$\frac{1}{3}$ cup water
 $\frac{1}{2}$ cup vinegar
 $\frac{1}{3}$ cup chili sauce
3 tablespoonfuls horseradish
Worcestershire Sauce
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{2}$ teaspoon salt

Mix and bring to boiling point. Use to baste meat.

1. Cut ribs into 2 rib portions.
2. Arrange in shallow pan, meat side up. Sprinkle with salt, onion, lemon slices and lemon juice.
3. Pour sauce over ribs. Cover pans with a cover or cover with aluminum foil.
4. Bake in a slow oven 350°F. for about 2 hours.
5. Remove cover to brown ribs. Baste with sauce.

Note: Loin spareribs are much meatier than breast and rib spareribs.

FOOD SELECTIONS AND PREPARATION (continued)

Pressure Sauce Pan

Homemakers asked for help in learning how and more about using the pressure sauce pan. They wanted to know how to use and care for it. In presenting the lesson, the demonstration was divided into three parts.

1. Explain the pressure pan and how it works.
2. How to care for it.
3. Actual preparation of food.

In the simplest terms possible we tried to explain how pressure pans cook food in the presence of live steam. Emphasis was placed on the necessity of eliminating all air from the container. Also to allow the pressure to reach the desired point before applying the guage and starting to count the time.

It is important that the cooker be cleaned after each time used. The gasket should be free of fat. The small opening to the guage should be free of food.

In each of the groups there were women whose husbands complained of a metallic or unnatural flavor acquired by foods cooked in a pressure pan. Others stated that they were cooking vegetables only. Meat has the flavor of boiled meat and it is stringy were other complaints registered. Beans are still hard after soaking and cooking them 40 to 55 minutes.

We prepared certain foods that helped solve some of the questions or problems. For instance, we prepared beans according to the recipe found in U.S.D.A. Leaflet No. 326, Dried Beans, Peas, Lentils No. 4 and 5. Two one minute meals were prepared. One contained weiners, potatoes, and milk or tomato juice, the other a Japanese dish containing meat and celery and was served over shoestring potatoes. Rice and beef ribs were cooked in so minutes pressure time and 10 lb. ✓ Two desserts, a custard made with powdered skimmed milk and a steamed pudding, cherry, were made. The steamed cherry pudding gave us the most trouble. Somehow in the rush of getting things together during the "organized confusion" of a large group working at close quarters, recipes do confuse experienced homemakers. Two of them were found reading every other line of the directions. Two others decided reading the list of ingredients was sufficient; directions did not matter too much. One young mother decided 1 table-spoon baking powder was too much. She is used to reading 3 teaspoons. We got any number of varieties of cherry pudding. When it was done correctly, the results were very good. It

FOOD SELECTION AND PREPARATION (continued)

Pressure Sauce Pan (continued)

was a favorite in spite of the numerous things that happened to it.

The meat tasted like meat. The Suki Yaki was very flavorful. The meat was tender. The rice and ribs were also good, proven by the fact that there was very little left at any of the demonstrations. There were children at six or seven demonstrations. They had no trouble enjoying the food. At Sunnyside, Mrs. Grace May watched her daughter eat with no urging or coaxing. She remarked about the situation. These observations add nothing to the use of a pressure cooker except that it clears up the conception that food "tastes funny" when it need not do so.

At each demonstration meeting there were homemakers who were afraid. They few were assigned to prepared foods and given the opportunity to have the experience of cooking with mishaps. There are two women who are still doubtful about the advantages of the pressure cooker. They are still fearful of it. Mrs. Mitchell of Desert Homemakers has a lovely 6 quart cooker resting in peace on her pantry shelf. She is afraid to use it.

Gauges seemed to be the most abused part of the cooker. Homemakers were under the impression that gauges cannot be cleaned at all. The (some) Presto gauge with an indicator that rises from the center of the gauge were found inaccurate. Many of them were such that the indicator never returned to zero or went about 8 or 10 pounds. It was found that women remove the gauges from the cookers and place them on a flat surface where the steam is caught within the gauge thereby corroding the bottom of the indicator. Placing the hot gauge on a surface which would allow circulation of air so that steam could escape before damaging the gauge would be best.

One cooker was brought in that violated all the rules of safety. A man had substituted a bolt for a safety fuse. The agent carried fuses with her in case of emergency. We took care of the lid in a hurry.

This demonstration permitted homemakers to be more conscious of safety practices in the kitchen.

It was noted that only a few homemakers eliminate extra

[illegible]

FOOD SELECTION AND PREPARATION (continued)

Pressure Sauce Pan (continued)

Foods most commonly prepared in pressure pan:

Meat	46	(included swiss steak, ham, lamb)
Stews	7	
Fowl	4	
Soup	3	
Chop Sui or Suki Yaki	6	
Rice	4	
Dried fruit	1	
Deserts	13	(includes custard, puddings, brown bread)
Vegetables	37	(includes artichokes, potatoes and other vegetables)
Beans	37	(26 used the short method)

COÖPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

January, 1953

COOK WITH A PRESSURE SAUCE PAN

A PRESSURE SAUCE PAN saves time. Food cooked in one is appetizing. The short cooking time helps to save valuable vitamins and minerals for us. There are some disadvantages. Pressure sauce pans are costly. Vegetables over cook without careful timing. It is dangerous unless you know how to use it.

Any of these limitations can be overcome by learning to use the cooker according to directions. Try to become so familiar with it that its use becomes automatic to you. Use the cooker as much as possible. It must earn its way in your kitchen to your satisfaction. Use a timer in cooking vegetables to avoid over cooking. Some cook in 1 minute. Two minutes cooking time could make them unpalatable.

Definition of pressure cooking: Pressure cooking is a method by which foods are cooked by super-heated live steam at a temperature much higher than boiling water.

What goes on in a pressure cooker at 15# pressure? The heat is 250°F. This high heat plus the pressure generated in the sauce pan actually drives the heat into and through the food. Because this is true, the food cooks twice as fast as with ordinary methods. At 10# pressure the temperature is 240°F. and at 5# the temperature is 228°F. Boiling at sea level requires 212°F.

How does a pressure pan help you:

1. It conserves food values because of short cooking time.
2. Avoids waste by decreasing shrinking. This is true of meats.
3. Saves cooking hours.
4. Preserves natural flavors.
5. Produces appetizing foods.

To get the most good out of your pressure pan:

1. Use it for less tender cuts of meat to which root vegetables can be added.
2. Use it at high altitudes to reduce cooking time.
3. Use it when you are in a hurry because you have come home too late.
4. Keep it clean, scour it after using it 3 or 4 times.
5. Protect the sealing surface of the lid. Wash and dry the lid as soon as it is removed from the cooker.
6. Keep the gasket clean. It is removable and can be washed, dried and replaced with ease.
7. Some models have a fusible plug which melts in case the cooker becomes over-heated, is over-loaded or has no water inside. Local hardware stores carry them.
8. Read carefully directions given in the cook book which comes with your cooker. If you have lost it, write for a new one. Do so anyway, in case there are new things to learn about pressure cooking.
9. Learn that the exact time varies with the size of pieces, ripeness of the product, combination of foods and the way the cooker is used. Read carefully time and pressure directions and throw in some "common sense".

How to get best results:

1. Prepare food according to directions and place in cooker.
2. If directions call for the use of the rack, use it.
3. Never fill the pan over $\frac{2}{3}$ full of thick solid foods such as rice, beans, soup, etc.
4. Add the amount of liquid called for. $\frac{1}{4}$ cup for foods to be cooked for less than 10 minutes.
5. Lock the cover and place over high heat. Bring up heat quickly but reduce it when desired pressure is reached.
6. Allow air to escape from the cooker. It takes about one minute after the steam spurts out. Always check with directions. Learn to do this automatically.
7. Put on pressure control. Allow the heat to reach the cooking point. Try to maintain this pressure during the cooking time.

8. At the end of the cooking time cool according to foods being cooked.
 1. Remove from fire, put on a cool surface and allow to cool. (Custards, puddings, soup, chili, rice)
 2. Run tap water over pan or set pan in cold water. (vegetables, beef stew, apple sauce)
9. Never try to remove the lid until the pressure has dropped to zero and until the indicator weight has been removed. Check directions in your book.
10. Remove foods at once. If two or more vegetables are cooked at one time, flavors will begin to inter-mix after the lid is removed and the food starts to cool.

Lets take a look at some time saving recipes.

T -- Tablespoon
t -- teaspoon

Cooking Time

1 minute

Weiners with Potatoes

1# weiners cut in 1 inch pieces. Put in cooker.
Slice 6 medium size potatoes and put in cooker.
Add 1/2 cup milk or tomato sauce.
Season to taste.
Cook at 10# pressure for 1 minute.
Cool gradually.

1 minute

Suki Yaki ala Southern Arizona

1# round steak cut into paper thin strips.
1 large onion sliced.
1-1/2 cup celery cut in 1/2 in pieces.
Put into cooker 2 T. oil, 1 T. sugar, 2 T. soy sauce and the beef strips to brown.
Add celery and cook 1 minute at 10# pressure.
Cool quickly.
Good recipe for left over meat. Serve over rice or noodles or crushed potato chips.

Cooking Time

20 minutes

Short Ribs with Brown Rice

3# lean short ribs
2 t. salt and pepper to taste
3 T. flour
3 T. fat
6 small onions sliced
1/2 green pepper cubed
1 cup brown rice
few grains oregano
rosemary
1 small can tomato sauce
1 cup water

Combine flour, salt and pepper. Dredge ribs in flour mixture. Heat cooker. Add fat. Brown meat well. Add onions, pepper and rice and brown slightly. Add seasoning, tomato sauce and water. Place cover on cooker. Allow steam to flow to release air from cooker. Place indicator weight at 10# pressure and cook 20 minutes. Cool slowly. Chopped meat may be substituted for ribs. Cook 10 minutes at 10# pressure.

Pinto Beans

Pinto beans require 30 minutes for whole process (at sea level). This allows for slow rise and fall of pressure which is important in cooking beans. Thus cooked, they do not break as they would if pressure were raised and lowered fast. Take two precautions to keep beans within bounds and to prevent clogging the cooker vent tube.

1. Add a little fat (salt pork, bacon drippings, etc.)
2. Fill the cooker no more than 1/3 full, including water.

10 minutes

Place 2 cups pinto beans, 2 T. fat, 2 t. salt in 6 cups of water. Bring to a boil and boil for 2 minutes. Remove from fire and soak for one hour. Cook in pressure sauce pan 10 minutes at 15# pressure. Cool slowly.

Vegetables

Vegetables cooked the correct amount of time in pressure pan are beautiful to see and delicious to eat. One vegetable does not take on the flavor of another vegetable when cooked in a pressure pan. It is convenient, however, for attractive service, to have the vegetables kept separate during cooking. One way of doing this is to place prepared vegetables with same cooking time in layers between sheets of cooking aluminum foil. Lay one sheet on the rack cover with one of the vegetables. Cover this layer with foil and add the other vegetable. Cover that layer and add the third vegetable.

When the vegetables have been cooked the exact amount of time, remove from fire, cool rapidly and open pan. It is a simple matter to remove either one layer at a time or all of them by taking hold of the bottom sheet of foil.

Cooking Time

2 minutes

Vegetable Plate

For a two minutes vegetable plate select vegetables in season which will create an attractive color combination and yet require 2 minutes to cook. To combine vegetables which vary from 1/2 to 1 minute in cooking time, make the pieces smaller so that they will be finished cooking at the same time. For example: carrots take longer to cook than broccoli. When carrots are grated or slivered they require about the same time as broccoli. A white vegetable like turnips or parsnips sliced make it attractive both in form and color to serve with broccoli and carrots.

Another attractive 2 minute combination is flowerettes of cauliflower, peas and thinly sliced carrots.

3 minutes

Green beans cut French style, carrots cut in quarters and onions sliced,

You can have fun trying out your own favorite combinations.

Desserts

(2 minutes - cool slowly)
(5 minutes - cool at once)

Cooking Time

2 minutes OR
5 minutes

Custard

2 large or 3 small eggs
2 T. sugar
1/8 t. salt
1/3 t. vanilla or lemon extract
1 C. heated milk
1/2 C. hot water

Beat eggs, sugar and salt together until well mixed. Add milk and flavoring. Pour into custard cups or casserole. Cover with lid, waxed paper or foil. Place casserole on rack and add hot water. Seal and cook at 15# pressure for 2 minutes. Let pressure return to zero slowly. Or cook for 5 minutes at 15# pressure and cool at once. Open lid and remove custard. Sprinkle with nutmeg if desired.

Steamed Cherry Pudding

3 T. shortening	1 cup flour
1/3 cup sugar	1/4 t. salt
1 egg	1 T. baking powder
1/4 t. vanilla	6 T. milk
1 cup sour cherries	

Cream together shortening and sugar. Add egg and beat well. Stir in vanilla and cherries. Sift together flour, salt and baking powder. Add alternately with milk, stirring after each addition only enough to blend thoroughly. Pour into 1-1/2 quart mold. Cover. Pour 2 cups of water into cooker. Place pudding mold on rack. Cover cooker. Follow directions given in your book at this point. Cook at 10# pressure for 40 minutes. Cool slowly.

Sauce

1 T. cornstarch
1/3 cup sugar
1 cup sour cherry juice
2 t. lemon juice

Combine cornstarch and sugar in sauce pan. Stir in cherry juice. Place over slow heat and cook until clear. Stir constantly. Remove from heat and add lemon juice. Serve hot.

Triple "Safety" in Pressure Cooking

Accidents occurring from the use of pressure cookers have all fallen into one of three general classifications:

1. A gradual increase in pressure.
2. Opening cooker before pressure has been reduced to zero.
3. Allowing cooker to go dry.

The most obvious reason for accidents is that the pressure inside the cooker increases until an explosion results.

SAFEGUARD - Valve or blow out plugs are part of all good pressure pans.

Valve opening should be kept free of food.

Plugs are either rubber or soft metal.

Rubber plug blows out and releases steam.

Soft metal plugs melt.

This type of accident happens because you think the pressure has gone down to zero and you try to force open the lid. A pressure gauge on the lid could prevent such accidents. This is the same as holding a bomb and setting it off in your hand.

Answering the door or phone, starting another job or having too much fire will cause cooker to go dry. Use a timer that makes a noise to remind you.

FOOD SELECTION AND PREPARATION (continued)

Bread Making

According to reports from homemakers 6 women out of ten make homemade bread of some kind . Yeast bread heads the list. The reports are as to the number of times per week. It ranges from once per week to 4 times depending on size of the families and the type of storage space.

FOOD SELECTION AND PREPARATION (continued)

Powdered Milk

75% to 80% of the homemakers use powdered milk in their food preparation, thereby using more milk in the family diet. Mothers tell the agent that they mix it with homogenized fresh milk $\frac{1}{2}$ and $\frac{1}{2}$. Children drink it.

Mrs. Philip Bramley whose husband teaches school and whose family consists of 3 children uses powdered milk and oleomargarine altogether. She was concerned about the nutritional value these two products have in comparison to whole milk and butter, respectively. Other mothers buy homogenized milk for the younger children and feed reconstituted powdered milk to the rest of the family.

FOOD SELECTION AND PREPARATION (continued)

Homemade Ready Mixes

Homemade ready mixes are intriguing. Pima County home-makers are becoming interested in them. Powdered milk is one food which is making this possible. There are more than 60 women making their own mixes. Some make their favorite biscuit mix only and use it for pancakes, waffles, deep dish pies and muffins. Others take it very seriously and keep on hand other mixes such as cornbread.

	<u>To be added</u>
Corn bread	water, eggs and liquid fat
Oat meal cookies	water, eggs and flavor
Yeast rolls	water, yeast and liquid fat
Pie crust	water
White cake (conventional method used in preparing it)	water, egg whites, flavor
Plain cake (method optional)	water, egg, and flavor
Chocoloate cake (conventional method)	water, egg, and flavor

Busy mothers find these mixes handy and economical. In many cases their recipes are their own. Some have come to us from the University Extension Service, Purdue University and the Country Gentleman.

FOOD SELECTION AND PREPARATION (continued)

Gifts From the Kitchen

There is a growing tendency for homemakers to give gifts that are produced in their kitchens. These gifts include marzipan, cookies, candy, plum pudding, fruit cake, date or orange loaf cakes, fancy breads. Fancy breads include Swedish tea ring, coffee cakes decorated in the Christmas motif and other seasonal varieties.

FAMILY ECONOMICS & HOME MANAGEMENT

Money Management

Miss Grace Ryan, home management specialist, and the agent planned and organized a series of lessons on money management. In the absence of Miss Ryan, Miss Amanda Schultz presented the material. Miss Schultz is a local accountant and income tax expert. Plans for this project included a questionnaire. Ninety-eight homemakers were sent questionnaires with 60 replies or 61%. The questionnaire and how the questions were answered is reproduced here.

TENTATIVE QUESTIONS - MONEY MANAGEMENT

Pima County

Summary Copy

1. Can you put your finger on the leak in your bank account?

Yes 25 No 28

What and where is it? _____

2. Would a little study on your part help you to correct the leak?

Yes 31 No 8

3. Do you and your husband talk, plan and carry through on major expenditures such as:

Buying a washing machine

Buying a television set

Buying a new car

Buying new machinery or supplies for his business?

Yes 50 No 5

4. If your husband is in business for himself, does he buy a new truck before you get a new couch?

Yes 16 No 15

Are you happy with results? _____

5. Does any member of your family "go without" in favor of another member?

Yes 15 No 40

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Money Management (continued)

What kind of a "without" is it? Mother's "Permanant?" _____

A pair of shoes for a boy? _____ A visit to the Doctor? 88

Is it because of a spoiled child, etc.? _____

6. Can you be happy with things in your house that you don't like?

Yes 35 No 21

7. Are you living in a trailer while building a house?

Yes 2 No 51

8. Have salesmen made you dissatisfied with what you have?

Yes 3 No 52

9. Did you listen to his sales talk?

Yes 31 No 22

10. Do your children have allowances?

Yes 28 No 14

11. Can they spend them as they please?

Yes 26 No 8

In our Money Management lesson for April and May, what do you want to study? List your problems below:

A summary of the replies requests information on: How to set up a fair and workable budget and adhering to it, also how to get husband's cooperation in living within the budget. A discussion of percentage of income to be set aside for savings, insurance, investments, etc. Also discuss joint bank accounts, community property, joint ownership, etc. Assistance in buy-manship and how to get their money's worth; how to judge values; name brands versus lesser known brands. Proper allowances for children in various age groups and what items the children should be required to buy out of their allowance. Help in getting a good table from the cheaper foods and selling the family on the idea. Does a deep freezer save on grocery bill? Discuss cost of time purchases versus cash purchases.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Money Management (continued)

To make the lessons more realistic we assembled a group of various record or budget books, some bad and some good. Miss Schultz, being an accountant, explained why. The points were considered and judged as to their relation to income tax procedure.

More than 25 homemakers started record keeping for the first time as the result of these meetings.

Other meetings that followed dealt with insurance; mainly health group insurance, and Social Security problems. Miss Schultz answered numerous questions regarding insurance and the small fine print that is part of any policy. She also explained the features of Social Security and how it affects us all.

Mr. Norman Horwitz was the principal speaker at another meeting. He is the secretary of the local Better Business Bureau in Tucson. His plea to the women was a warning to be more alert to phony sales people. In the course of his talk he illustrated by mentioning cases of fraud in selling palm trees, magazines, books and health insurance. A warning regarding advertisements asking for \$1.00 in exchange for valuable information was given.

These meetings stimulated the homemakers to ask for more studies on money management and consumer buying.

There were 23 local leaders in this project. Cooperating with the agent they helped 203 homemakers become more aware of money management and the importance of keeping records of their expenditures. Of these, approximately 98 women are keeping records.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Homey Management

This project was carried for two months in the organized clubs. Thirty-six home management leaders demonstrated how to manage time in relations to better methods of doing general household duties. They helped 168 homemakers change some practices in the home.

In order to become more familiar with easier methods, the agent held a leader's training meeting to demonstrate the value of doing household tasks easier. Miss Grace Ryan helped to set up the demonstration for this program. A kit was prepared.

Contents

1. An electric device which when attached to an ironing board wires the board to the wall outlet. The iron is plugged into the board making it easier for the ironer to perform her task. She has the cord over the board instead of coming from the wall.
2. With the addition of a cord minder attached to the board, the person ironing has no wrestling to do with the cord. The cord is in no position to re-wrinkle the clothes being ironed.
3. Soft ironing pad on which to press or iron garments with large annoying buttons.
4. A sponge attached to a piece of elastic to redampen clothes when ironing.
5. Added to this kit was a corn board. It may be used for cutting corn off the cob or shredding cabbage. Directions for making are found in the U. S. D. A. bulletin Home and Garden #8 page 16.
6. Hand mit for pressing difficult place in garments.
7. Two different types of sprinkling bottles.

To all this was added:

8. Sleeve board
9. Adjustable ironing board

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Home Management (continued)

10. A large tray (setting or serving table)

11. Laundry basket on wheels.

The main purpose of the leader's training meeting was to associate hard jobs made easier to a project we would like to have in Pima County in the future. The project being the heart kitchen.

Most of the articles or ideas presented were either step-saving or time-saving devices. They were demonstrated and discussed.

A short demonstration showing the everyday use of trays was given. A table with places for 6 was set using two different methods. First one--carrying everything by hand. The number of trips was noted. Second one--using tray. One trip was enough. The tray used was a tin Mexican tray which is sturdy and has high protective sides. We concluded that reasons for us not using trays more often was because generally they are stored unhandily. Trays save both steps and time.

We had time to talk about the presentation of the lesson at club meetings. Reports on the meeting will determine how effective it was.

Some favorable results of these meetings are stated here.

Improved methods adopted by homemakers.

Sitting down to iron	78	
Cord minder	103	
Laundry basket on wheels	31) Using these more
Using trays in the kitchen, dining room) often is like
and other places in the home	196) having a maid in
		the home.
Better sprinkling of clothes	203	
Ironing shirts #(10 to 15 per hour)	183	

There are duplications in the above figures.

The nice thing about insignificant practices such as are mentioned above is that their importance can be measured

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Home Management (continued)

by better health and less fatigue among women, and not particularly by expenditures of money.

These results are obtained through a report sheet which is included in the year book. Any other information homemakers want to convey is added. A representative copy of such pages is included here.

HOME MANAGEMENT

Number of slip covers made_____

Lamp shades made_____

Number of blankets washed 10 pr

How money management helped me.

Can iron 15 shirts per hour.

Other things not mentioned:

*I make all of the
girls school dresses.
made, 10 cotton prints
2 half slips, 4 slips*

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Good Tools

The importance of good tools in relation to desired results was the topic of demonstrations given by the agent. The demonstration involved the choice of egg beaters or whisks. The use of egg beaters is common to most homes.

To give the demonstration a realistic flavor 6 beaters were used. Homemakers participated in the demonstration. The problem set up -- whipping or beating egg whites. Which tool produces the best comparative results.

Tools used were a fork, 2 different qualities of whisks, 2 rotary beaters (one was inferior to the other) and an electric beater. The person who used the fork worked alone. She counted the strokes necessary to attain good peaks in the beaten egg whites. This ranged from 350 to 550 strokes depending on who performed the task. Surprisingly enough, some women do not know how to get the most out of an egg white and a fork.

Those using the rotary beaters compared their results after doing 100 swift turns. These were compared to the electric beater after 1 minute at high speed. The results showed that the inferior beater (29 cent one) did not begin to make a good froth after 100 quick turns while the better one produced good peaks. The electric beater and the better rotary beater were comparable. Their differences were in the nature of time and effort.

The two whisks showed differences because of construction. One was heavy and clumsy with coiled wire stretched across the whisks. The other was well-balanced with fine wire making a block pattern. Under similar conditions the latter produced the better results. This method as compared to the others mentioned rates second to the fork, especially if the egg whites are intended for angel food cake.

The older women helped the discussion that followed the demonstration because so many of them used the good whisk or the fork to beat eggs for angel food cakes.

The demonstration was intended to illustrate relative value of tools but it was difficult to restrict to that topic.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Good Tools (continued)

We discussed meringues, egg cookery, angel food cakes and temperatures for cooking them. These demonstrations resulted in the choice of egg and cheese cookery for 1954.

During the course of the demonstration these were remarks made concerning meringues, "Now, I know why I can't make good meringues." "I didn't know that the tool made so much difference." "My mother still uses a fork to whip egg whites for an angel food cake."

Some homemakers have gotten better beaters for themselves while others have placed or stored the electric beater at more advantageous locations.

Homemakers reporting their accomplishments for 1953 indicate that they are having better results with egg whites, especially with meringue pies and angel food cakes. It is difficult to get a count on this.

FAMILY ECONOMICS & HOME MANAGEMENT (continued)

Care of Blankets

It would be unfair to the home management field not to mention the care of blankets. The agent can think of only one person who reported that she still sends her blankets to the cleaner. Women have been and are so pleased to know how to care for their blankets. A fair estimate of the average number of blankets washed by any one homemaker per year is 8. During 1953 more than 1200 blankets have been washed or rescued.

This project has been most satisfying. Women are so enthusiastic about the method learned and do real extension by sharing the "know how" with their neighbors, friends and relatives. The relatives are not always in Arizona.

CLOTHING AND TEXTILES

Tailoring

The clothing project for 1952 ended officially during the 1953 project year. Miss Helen Church, extension clothing specialist, taught homemakers to tailor suits and coats. This was the second time we have included tailoring in our program. Twenty-eight homemakers proudly modeled their finished garments at the Spring Council Meeting in January.

The garments were superior in quality of construction and fabrics as compared to those made three years ago. Women realized that the instructions given were good enough to spend a little more and buy better fabrics. In the former group which was our first experience with tailoring, the women were not too sure they could learn to do such fine workmanship. Some bought material "to learn on" only to regret their choice when they saw how beautiful their garments were.

Tailoring is a perennial project. It goes on and on. Clothes are tailored for children as well as the male members of the family. The county fair women exhibited sports coats for men and teenage boys.

Mrs. China Hawkins dropped in the office to see us one cold January day. She wanted us to see her beautiful "custom" made blue coat. It is of a nappy material and has a shawl collar. The sleeves are not fitted. Mrs. Haskins wears a seven or nine size coat. She's a tiny thing.

The crepe lining cost as much as the fabric in the coat. It was purchased on sale at one of the local department stores. Bound buttonholes and well made fitted cuffs added to the attractiveness of the garment. We were told about the problems she encountered in trying to avoid sewing three thicknesses of the fabric at the cuff. Mrs. Haskins said she reviewed every trick Miss Church showed her. The problem went to bed with her. She worked out the solution by sewing together the underside of the cuff and sleeve. The outer cuff was attached to the inside of the sleeve on a bias facing. She was very proud of her accomplishment.

Mrs. George Bideaux, 4-H Club leader who made a yellow and brown check suit during the coat and suit project, had completed an orlon coat. It is a washable garment. She has made bound buttonholes. It is a very nice coat except that it is difficult to press and have it look pressed.

CLOTHING AND TEXTILES (continued)

Tailoring (continued)

Other interesting garments are being constructed by homemakers. An account of them will be reported when they are completed.

Homemakers reported 56 coats and suits made. This includes children's coats.

Other clothes listed on accomplishment sheets are:

Better dresses - 125 women made 503.
Squaw dresses - 31 women made 78.
Shirts - 99 women made 271.
(sports, men and boys)
Men's shorts - 48 women made 288.
Street dresses - 171 women made 1026 (mostly summer)
Sports dress - 122 women made 198.
or sun back
Pajamas - 50 women made 156.
(men and boys)
Childrens dresses - 58 women made 232.
Skirts - 73 women made 165.
(adult and children)
Improved hems - 175 women rehemmed 1050 garments.
Improved grooming practices
Daily care of cuticle - 38 homemakers reported
Help give permanents - 67 homemakers reported
"Fix" own hair - 102 homemakers reported
Care of skin - 105 homemakers reported

A refresher lesson in better sewing practices was held to help clothing leaders. Improved hems was one of the objectives of one of the demonstrations included in the refresher course. Because hems are near the last thing done to a garment, they are not always the best feature in a dress. This fact was noted in so many garments entered in the Citizen Style Show in April. We have been aware of this fact for some time. Homemakers also wanted to concentrate on improving hems. Mrs. Elva Blackerby improved or rehemmed 12 garments. She has done the greatest number. Others have done two or three in older garments and put in new ones correctly.

A representative accomplishment report is given here.

1. 1st

Report of Accomplishments

June 1953

Ruth Temple
2651 N. Calumet Ave
"Cactus Wren"
Homemakers

Clothing - 4 mens shirts (sport)
3 long white "
2 aqua dresses
6 mens shorts (zipper fasteners)
2 boys flannel robes, Houseclippers
(for & mac)
1 sundress
1 street dress & stole

Good Grooming -

Daily care of cuticles
give permanent
fix and hair
give daily instructions as to
color & skin care for creams
& make up (as per Cosmetology)

Food

- Try to place meals around
7 basic foods.
Learned a lot in meat cooking.

Pressure pan - use mine at least 3 times
a week, really enjoy it.

Freezing - Have a freezer across top
of Ref. buy meat in large
quantities, cut own steaks &
freeze, keep it used up the
about once a month, refill it.
Cost'd

Julius
Jelly
V. 1953

as "Visiting with Virginia" program
Twice this Apr. for Homemakers group.
Helped with plastic pieces in our
group at Mabel McCole. Cost'd

Freezing - Freeze 6 pints strawberries ^(taken in season)
 3 pints pineapple ^(no more needed)

Weight Control - Lost about 10 lbs, weigh myself
 every day. Take lots of will power
 to watch calories.

Powdered milk - use it in all my cooking
 and baking. Just ^{buy} Home Milk
 for Dried to Drink.

Money management -

↑ Thought this very interesting
 lesson. Our skit is centered around
 Finance Co. & Mrs Loan Shark!
 (as you'll see at achievement Day)

I sprinkle - told clothes as was taught.
 Haven't learned to iron sitting down yet.

(Special int.)

I gave 9 batches of Cakes
 Jelly, giving some for
 it had gifts the night
 out.

I had 2 mtgs at my home
 teaching aluminae sewing (new method)
 also had 2 mtgs for Mission
 also had 2 mtgs for Vada's Church
 group. (Mormon)

Learned how to make Wood Fibre
 Corsets. (Thanks to Mrs. Blackerby)
 as Visiting with Virginia program
 twice this Apr. for Homemakers group.
 Helped with plastic purse in our
 group at Mabel McCool's. Costd

CLOTHING AND TEXTILES (continued)

Sewing Practices

Other sewing practices encouraged during the year were better fitting dresses and better made collars and other trims. To make bound buttonholes instead of machine made buttonholes in better dresses if styles and fabrics are suitable was stressed. Other practices shown were making belts and puttin in gussets.

This project was like a refresher course.

It also served to help leaders plan their demonstrations at their own club meetings. There were so many short ~~useful~~ demonstrations to be given over a period of time. The subject of each demonstration was a lesson or distinct technique. The method used in presenting was as important to the leader as the subject of the demonstration.

Clothing leaders made these remarks in reporting accounts of the meeting:

"We had our meeting in sewing. I put in a sleeve for them. Fourteen made collar models and 14 put in gussets at the meeting." Mrs. Earl Rickel, Govt. Hghts.

"So & Sew Homemakers met March 19. We demonstrated belts and gussets." Mrs. E. Buchanan

"Made, discussed and demonstrated hems. I had them make a gusset. Those were the things they were interested in." Mrs. Reata Lacy, Stitch and Chatter

A refresher lesson has many things in its favor. 1. Leaders have the opportunity to concentrate on methods of presentation. They already know what they are doing and have more confidence in showing others how a certain thing is done. 2. It reminds the careless sewer of better methods in clothing construction. 3. Offers an appportunity to women who are beginners at sewing to learn good methods and practices. 4. Its a good way to help a local leader establish herself and get the confidence of the members of her group.

CLOTHING AND TEXTILES (continued)

Mending

Thirty-five homemakers representing 10 homemakers clubs, 2 LDS groups and the homemaking section of the Pueblo Junior Woman's Club met for a mending lesson. This training meeting was held late in October.

There were 7 sewing machines and two ironing boards to be used to help local leaders prepare illustrative material for their own clubs.

Miss Helen Church, extension clothing specialist, conducted the demonstration. She demonstrated various methods of mending and patching clothes. She prepared illustrative material for the demonstration and also used Mending Made Easier, Extension Circular #119 and U.S.D.A. Farmer's Bulletin #1925, ABC's of Mending.

The demonstrations were classified as mending and patching using gummed tapes or glues, inserting a patch, machine mending on wool or demin clothees and reweaving.

The meeting started out with demonstrations on how to use the gummed patches and a discussion of how much can be expected of some of them and what limitations they have. Several types and brands were used in the demonstration. This was followed by the spreading method of patching denim levis or overalls and similar patching for lighter weight cotton garments.

The local leaders made illustrative materials as models of these patches. Each leader made different ones so that the two leaders had representative examples of all the mending practices.

The rest of the day was spent learning to mend woolens by machine and by reweaving. Each leader did make her own model or illustrative material showing these types of mending.

This lesson was carried back to the homemakers clubs in November. All clubs participated in the project.

It is too soon after the training meeting to evaluate this project but late reports show that the method of mending overalls and levis all on the wrong side was the most needed. It saves ripping time and is so much easier to do. The other mending practices that were greatly appreciated were the

CLOTHING AND TEXTILES (continued)

Mending (continued)

insert patch for better dresses and the reweaving of woolens.

Already more than 75 homemakers reported having used the machine method of mending woolens or the reweaving method. Where there are boys in the family mothers have learned to use the overall patch method of mending. Eighty homemakers reported using that method. A better evaluation will be made of this project in the 1954 report.

RECREATION AND COMMUNITY SERVICE

Pima County women sprinkle their extension experience with recreation and community service. Recreation is in the form of birthday parties which helps to enrich their association and fellowship with each other. During the hot Southern Arizona summer many of the clubs plan and enjoy evening patio suppers. Their entire families are included. After the supper has been served, games and other forms of recreation are enjoyed.

A typical party was enjoyed by the Cactus Wren Homemakers of Binghamton. It was a "hobo party" held in October carrying out the Halloween motif. Members came dressed like hobos with clothing all patched and mended. Husbands had as much fun as their wives participating in the contests. One contest dealt with men and women trying to put on women's clothes given to them at random.

Mrs. H. Mathews and Mrs. Ruth Preston presented guitar accompaniment to hillbilly and western songs. It was good relaxation and fun.

Community Service projects are part of the local clubs as well as the county council program. In Pima County about 10% of the homemakers are actively engaged in the Red Cross program. Some work in the blood bank division, some are Grey Ladies at the local Veteran's Hospital. Ten have taken the home nursing course. This practical phase of the program extends into 1954.

All homemakers clubs participate in preparing cookies for the boys at the Davis-Monthan Air Force Base and Marana Training School. The cookies are used to feed soldiers after they have given blood to the Red Cross Blood Bank. This is a year around program. Two hundred fellows gave blood the third Thursday of each month. These fellows prefer (naturally) home made cookies. The quantity required is four to each person making a total of 800 cookies. The clubs take turn about supplying them for 10 months of the year making an estimated total of 8,000 cookies. Homemakers have a feeling they are being asked to do very little when they exchange cookies for blood. This is the second year of participation in this program.

Dr. Esther Clawson, local health doctor, has been given generous checks. The money is to be used to buy supplementary

RECREATION AND COMMUNITY SERVICE (continued)

calcium for expectant mothers. These mothers are under the care of the public health clinic.

RECREATION AND COMMUNITY SERVICE (continued)

Scholarship

The County Council has made provision to help Betty Meads, local ex-4-H Club girl, with finances towards a scholarship at the University of Arizona. This started in 1952 when Betty was a freshman. She has received \$75.00 for second semester school terms 1952 and 1953. \$75.00 prorated among 300 homemakers costs each one 25 cents. If only 200 participate the cost is 30 cents each. These homemakers take pride in helping a young student achieve her goal at such little expense to them.

Betty Meads is a nutrition major in the School of Home Economics at the University of Arizona with grades in the upper 1/3 of her class. She graduated from Tucson High School. Her parents live about 8 miles east of Tucson. In 4-H Club work Betty carried agriculture projects. The County Council expects to see her through the five years required to complete her course helping her with the second semesters.

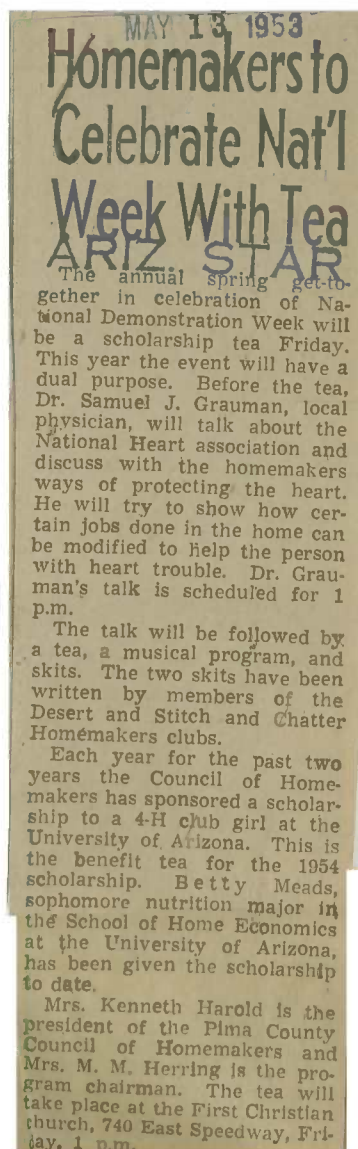
RECREATION AND COMMUNITY SERVICE (continued)

Publicity

Publicity as we all know is essential to extension for the purpose of giving valuable information as well as to help interpret the program to the general public. Homemakers in Pima County do their own publicity program; each club has a local reporter. She is responsible for publicizing the activities of her own club. This system was adopted several years ago with the help of the local society news editors from the two local papers.

The two editors very graciously consented to visit the clubs to get first hand information as to why they exist and what takes place thereby. The two young editors took turns having training schools for the reporters. The training schools were part of the officer's training program held in January of 1951, 52 and 53. The theory behind this type of relation between women and the editors gives both parties understanding of each others problems. They all know what is expected of them.

Both daily papers have been generous with news space.



assignment
national
propos
time
Miss Barley
JAN 2 1953
Demonstrate
Pressure Cooking

Miss Madeline Barley will conduct a demonstration on pressure cookery at a meeting of the Ft. Lowell Homemakers club to be held at 10 a.m. tomorrow in the home of the club president, Mrs. Arthur J. Ryan, 2743 Calle de Romy.

Members attending have been requested to bring pressure cookers, apron and potholder. Luncheon will be served at noon.

"Household Pests, Their Life Histories and Control" was the subject of a talk given by Robert Oberly at last week's meeting. The spring council meeting to be held Jan. 27 at the University of Arizona was discussed by Mrs. Ryan, who will take reservations for the meeting.

Black-and-white photograph of Mrs. M. M. Herring, a woman with short, dark, wavy hair, wearing a dark jacket over a light-colored blouse. She is smiling and looking towards the camera. The photo is set against a plain, light background.

Mrs. S. Andrews Gives view for Homemakers

"The Perfect Tribute," a book by Mary S. Andrews, was reviewed by Mrs. M. M. Herring for the Lincoln day meeting of the Fort Lowell Homemaker's club held at the Tucson Medical Center Thursday.

Mrs. Arthur Sylvester gave a short explanatory talk regarding a special club meeting on meat cookery which was held yesterday at the ranch home of Mrs. Elizabeth Walker on Wrightstown Road. All phases of meat cookery were discussed.

A Valentine potluck luncheon was served at the Lincoln day meeting and handmade Valentines exchanged. Three prizes were awarded for the best valentine in three different categories: fancy, edible and hand-sewn.

Miss Madeline Barley, Pima County Home Demonstration agent, was a guest.

RECREATION AND COMMUNITY SERVICE (continued)

Publicity (continued)

The relationship between editor and reporter is shown here. Mrs. Betty Milburn, Society Editor of the Tucson Daily Citizen communicates with Mrs. Victor Watson, reporter of Cactus Wrens Homemaker's Club.

Mrs. Victor Watson
4249 E. Flower Street
Tucson, Arizona

Dear Mrs. Watson:

How wonderfully thoughtful of you to send
Christmas greetings and the lovely handkerchief!

It has been a pleasure to work with you this
year, and believe me, we shall all miss your
cheerful notes and very well prepared publicity
releases from the Cactus Wrens.

Thanks again. And holiday greetings from all
of us at the Citizen.

Sincerely yours,

Betty Milburn (signed)